

# 12<sup>th</sup> Annual All Girls Sports Festival

**April 16 - 19, 2013**

**8:30 am - 3:30 pm**

*For girls ages 11-15*

**Reggie Lewis Track & Athletic Center**

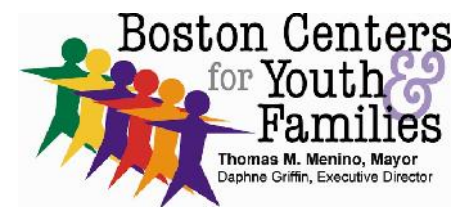
at Roxbury Community College, 1350 Columbus Avenue, Roxbury

***BCYF Recreation Center at Madison Park***

55 Malcolm X Blvd., Roxbury, Building 4

**SPORT AND FITNESS CLINICS**

**HEALTH AND WELLNESS  
WORKSHOPS**



**BCYF Recreation Center at Madison Park**

**55 Malcolm X Blvd., Building 4, Roxbury 02120**

**Mailing Address: 1483 Tremont Street, Boston, MA 02120**

**617-635-5206 x101, [Barbara.Hamilton@cityofboston.gov](mailto:Barbara.Hamilton@cityofboston.gov)**

## Parental Consent & Liability Waiver

(Please read carefully and sign below.)

In consideration of my entry being accepted, I hereby waive and release any and all rights and claims for damages I may have against the City of Boston, Boston Centers for Youth & Families, Reggie Lewis Track & Athletic Center, and any and all other individuals or organizations associated with this event, for any and all damages or injuries suffered by the participant during the "All Girls Sports Festival". I attest that the applicant is physically fit and sufficiently in condition for safe participation in this program.

I give consent for my child to be administered first aid and to be treated by an emergency medical technician-paramedic, nurse or physician. Any follow-up medical attention may be given at a local hospital and transportation to a Boston hospital is authorized. I hereby give consent for my child to be interviewed or photographed by the media. I understand there is no transportation provided and it is my responsibility to drop off my child before her session and pick her up after her session.

☐ My child has permission to leave at the end of the day's program and will not be picked up.

Please list if your child has allergies (food), asthma, any illness or takes medication.

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Parent/Guardian Signature (required)

Participant Signature

Date: \_\_\_\_\_ / \_\_\_\_\_ / 2013

## Sport Activities

General questions about festival events:  
617-635-5206 x101

Basketball: x106	Step Dance: x101
Bicycling x101	Swimming: x106
Double Dutch: x106	Tennis: x101
Soccer: x106	Track: x101

## Participation Guidelines

All girls must be Boston residents between the ages of 11-15

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All girls must attend the Opening Ceremony on Tuesday, April 16th

\*

Parents/Guardians must sign consent form

\*

**Please** leave all valuables at home

\*

We recommend wearing loose fitting clothing, sneakers for all activities, weather appropriate outerwear, swim suits & pool shoes/slippers

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Respectful attitude towards peers and staff

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**Special note:** Lunch will be provided daily or you may bring lunch from home. Participants will not be allowed to order out or go off-site for lunch.

## Contact Information

**BCYF Recreation Center at Madison Park**  
55 Malcolm X Blvd., Roxbury 02120, Building 4  
Mailing Address: 1483 Tremont Street, Boston, MA 02120  
617-635-5206 x101 [www.cityofboston.gov/bcyf](http://www.cityofboston.gov/bcyf)

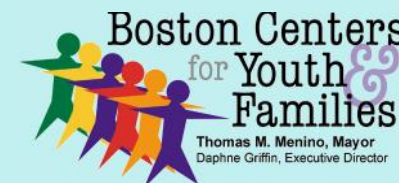


## April 16 - 19, 2013

(application deadline: April 9)

**Reggie Lewis Track & Athletic Center**  
at Roxbury Community College  
1350 Columbus Avenue  
Roxbury, MA 02120

**BCYF Recreation Center at Madison**  
55 Malcolm X Boulevard, Building 4  
Roxbury, MA 02120



**BCYF Recreation Center at Madison Park**  
55 Malcolm X Blvd., Roxbury 02120, Building 4  
Mailing Address: 1483 Tremont Street, Boston, MA 02120  
617-635-5206 [BCYFRec@cityofboston.gov](mailto:BCYFRec@cityofboston.gov)

## A letter from the Recreation Director

Welcome,

We are extremely happy to present the 12th annual "All-Girls Sports Festival". This festival of sports and enrichment activities provides girls and young women of Boston with a wonderful forum to exercise their minds, bodies and spirits. There are lifelong benefits to participating in sports and fitness programs. We wish all of the participants well and hope they continue to engage in lifestyle choices that promote their health and personal development.

*Ryan Fitzgerald*

Director of Recreation, Sports & Fitness  
Boston Centers for Youth & Families

*The All Girls Sports Festival was created to enhance sports and fitness opportunities. Our goal is to foster an atmosphere of freedom, exploration and individual challenge while helping participants to discover readily available resources for both in and out of school.*

### Special thanks to Partners and Sponsors



Thomas M. Marino, Mayor  
Edward F. Davis, Police Commissioner



## Sample Schedule of the Week

April 16, 2013

Day 1/Tuesday

8:00 a.m.	Check-in
9:00 a.m.	Welcome
9:20 a.m.	Group Break-out
9:30 - 10:30 a.m.	Wellness Session 1
10:40 - 11:40 a.m.	Wellness Session 2
11:45 a.m. - 12:45 p.m.	Break for Lunch
1:00 - 3:00 p.m.	Demos & Activities
3:00 p.m.	Dismissal

April 17-19, 2013

Day: 2/Wednesday, 3/Thursday, 4/Friday

8:00 a.m.	Check-in
9:00 a.m.	Welcome Warm-ups
9:30 a.m. - 12:00 p.m.	Sports Clinics
12:00 - 1:00 p.m.	Break for Lunch
1:00 - 3:30 p.m.	Sports Clinics
3:30 p.m.	Dismissal

### Wellness Workshops

As a component of the All Girls Sports Festival, we will be providing workshops, focused on promoting good health and avoiding risky behavior. Sample topics are Healthy Relationships, Power of Mind & Spirit, Personal Care, Nutrition - Weight Management, Dating Violence & Substance Abuse Prevention, Self-Expression, Cyber Safety, and Music Nutrition.

**Lunch-Chat**  
**Special Guest Speakers**

Cut along the dotted line and mail to:

**Attn. BCYF Recreation Division**  
**All Girls Sports Festival**  
**Boston Centers for Youth & Families**  
**1483 Tremont Street**  
**Boston, MA 02120**

Please write or print clearly:  
*Incomplete forms will delay processing.*

\*Name: \_\_\_\_\_

Address: \_\_\_\_\_

Neighborhood: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Daytime phone: \_\_\_\_\_

Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Age as of April 16, 2013: \_\_\_\_\_

\*Parent/Guardian Name: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

\*Best Email: \_\_\_\_\_

### Sport Activities

*Subject to change*

#### Indicate top 3 choices

_____ Basketball	_____ Double Dutch
_____ Soccer	_____ Swimming
_____ Step Dance	_____ Tennis
_____ Track	_____ *Bicycling

(\*Beginners encouraged,  
helmets provided for in class use)

#### \*SPECIAL BICYCLING NOTE:

"In order to provide the best opportunities to practice riding, bike rides may depart the premises of the Girls Festival, under the supervision of ride leaders. Most off-premises riding will take place on local bicycle paths, but reaching these paths may involve riding on some roads with traffic."